

TIPS FOR NEW NONSMOKERS

Burn 200 Calories by Walking

Use the chart below to see how many minutes of walking will burn 200 calories

Sex	Age	Weight	Time Spent Walking	Calories burned per day
Man	45	170	53 minutes	2869
	45	210	41 minutes	3158
	60	170	52 minutes	2725
	60	210	40 minutes	3011
Woman	45	140	63 minutes	2292
	45	200	41 minutes	2632
	60	140	62 minutes	2183
	60	200	40 minutes	2520

This estimated number of minutes to walk is based on:

- Walking 1 mile in 20 minutes (3 miles per hour) on level ground
- A man who is 5 feet, 9 inches tall and a woman who is 5 feet, 4 inches tall
- A person who is moderately active, someone who takes about 9,400 steps per day
- Fill in your information to get a more accurate estimate here:

<http://www.nutritiondata.com/calories-burned.html>

Remember: To avoid gaining weight, make sure you burn the same number of calories you take in.



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.

